

the shelton chronicle

A Publication for the Faculty and Staff
of Shelton State Community College

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The SHELTON CHRONICLE is published twice a month by the Office of Public Relations and Alumni Affairs, (205) 391-2221.

THIS MONTH AT SHELTON

MONDAY CONCERT SERIES

The dance department from the University of Alabama will present a program as part of Shelton's Monday Concert Series on November 21. The performance will be held in the Skyland Campus auditorium at 1 p.m. There is no admission charge.

WOMEN'S BASKETBALL SCHEDULE

Nov. 16: Gadsden State
Here 6 p.m.
Nov. 20 Bevill State
Fayette 5:30 pm.
Nov. 30 Gadsden State
Gadsden 5:30 p.m.
All games will be played in
the Central High School
East Gymnasium.

MENS BASKETBALL SCHEDULE

Nov. 16: Walker
College Home 8 p.m.
Nov. 18-19: O.W.C.C
Ft. Walton TBA
Nov. 22 Bevill State
Fayette 7:30 p.m.
Nov. 30: Gadsden State
Gadsden 7:30 p.m.
All home games will be
played at the Central High
School East Gymnasium

SHELTON'S ANTIQUES CLASS

Nov. 17: Victorian
Handles, Adaptive
Decorative Use. Dwight
Hodges, Koscuisko,
Mississippi, 2 p.m.

THANKSGIVING LUNCHEON

Shelton's annual
Thanksgiving luncheon for
the faculty and staff will be
held on Friday, November
18, at 12:30 p.m. at the
Fifteenth Street Campus
cafeteria. There will be no
tickets sold at the door.

FACES AND PLACES

Taking his cues from
Percy Shelley's "A Defense
of Poetry" and from the
Biblical admonition that
one must "lose his life in
order to gain it," instructor,
author, and lecturer Rick
Shelton recently talked
about the relationship
between readers and
literature while speaking on
the Judson College campus
in Marion, Alabama.

"Losing Yourself:
Literature, Compassion,
and the Sources of
Wonder" was the subject
for the evening and focused
on literature's ability to
"draw us out" and on the
consequences of our
following where the words
lead us. Shelton also read
from his poetry and fiction
as part of the presentation,
including selections from
his children's novel, *THE
TREE AT THE CENTER
OF THE WORLD*.

Shelton's poems and
stories have appeared in a
number of publications.
His first children's novel,

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**HOGGLE'S
CHRISTMAS**, was
published in 1993.

Another children's novel
has been completed and he
is working on a third.

Shelton is a member of the
student services staff and a
part-time instructor at
Shelton.

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KUBISZYN RETURNS FROM JAPAN

Lucy Kubiszyn,
director of public relations
and alumni affairs for the
college, returned this past
week from Japan where
she was part of the
Tuscaloosa Sister City
delegation. Other
representatives from
Tuscaloosa included:
Mayor Al DuPont;
Tuscaloosa City Schools
superintendent Dr. Robert
Winters and his wife,
Bonnie; Sue Shelton, who
is president of the Women's
Division of the Chamber of
Commerce; and Lilly
Misra, who is a staff
associate at the Japan
Culture & Information
Center at the University of
Alabama. While in
Narashino, the delegates
attended the city's 40th
anniversary. Narashino is
located about 20 miles
from Tokyo and became a
city after World War II.

OUTSTANDING FACULTY, STAFF, AND ADMINISTRATION NAMED FOR COLLEGE

Shelton State's
outstanding faculty, staff,
and administrative
representatives were
recently selected by the
college and will represent
Shelton at the annual
Alabama College
Association meeting in
Mobile, November 20-22.

Representing the
college are: Ruby Gibbs
Miller, junior college
faculty; James Avery
Logan, technical college
faculty; Ruth Murray,
support staff; and Rick
Rogers, administration.

Mrs. Miller is described
in her nomination form as a
"superior teacher and a
highly effective and
efficient chairperson." She
is a super motivator of
students and helped
develop the common
course syllabi at the
college. She also chairs
the team that supervises the
registration process.

After joining the
Shelton faculty in 1991,
James "Sonny" Logan took
"an outdated program with
dwindling enrollments and
turned it into a thriving
one." All of his air
conditioning and

refrigeration students who
took the EPA National
Refrigeration Certification
Test made a passing grade.

Mrs. Murray's office is
described in her nomination
form as one of the most
"effectively run teams at
the college." During an
average month, she
supervises the processing
of over 450 purchase
orders and pays invoices
that total over an average
of \$800,000.00.

Rick Rogers joined the
Shelton team over four
years ago and since that
time, he has supervised the
college's Title III Grant,
established comprehensive
personnel and development
offices, and completed
special projects. Currently,
he is coordinating the
planning and construction
process of the college's
new campus. He is also
leading a capital campaign
effort to raise \$1.2 million
in private funds.

JOHNSON EXHIBITS WORK AT COLLEGE

Carole Johnson continues
to exhibit her many-faceted
talents in a variety of forms
and media, including
painting, drawing,
sculpture, and
photography. Johnson,
who is a member of the full
time English faculty at the
college, is currently
exhibiting a display of her

photographs in the library located on the college's Skyland Campus. The show is entitled "Mammals" and includes photographs taken in 1993 and 1994. The show will continue through December 15.

Johnson also completed a show at the University of Alabama recently.

HENDRICKSON EXHIBITS AT JLT ART GALLERY

Shelly Hendrickson, a part-time instructor at the college, is exhibiting recent drawings and paintings at the Junior League Art Gallery through December 22 at the Bama Theater. The opening reception will be Sunday, November 20, from 3-4:30 p.m. at the Bama Theater.

ABOUT OUR STUDENTS

STUDENT GOVERNMENT ASSOCIATION THANKSGIVING ADOPT-A-FAMILY PROJECT

The Shelton State Student Government Association has adopted a family for this Thanksgiving holiday. The family is a member of

our local community and consists of a mother and four children. A box for the family will be placed in the SGA office located on the Skyland Campus. Anyone who would like to donate items but cannot come by the Skyland Campus may contact the SGA at 391-2306 between the hours of 10 a.m.-2 p.m. on Monday, Wednesday and Friday. All donations will be greatly appreciated. Items such as canned foods, blankets are especially needed. Please support your SGA and help a family in need.

WINNERS ANNOUNCED FOR HALLOWEEN WRITING CONTEST

Winners in the third annual Halloween writing contest in Ric Dice's creative writing class were announced recently. First Place went to "The Frankenstein Interview," a parody/satire of the news game by Hank Stevens. The Second Place prize went to Otis Clarke for his story "Of Cats and Men," a wonderfully imaginative tale of a ghostly cat.

TOTAL QUALITY MANAGEMENT UPDATE

"TQM has been quite an experience for me. TQM

has afforded me the opportunity to grow personally as well as professionally.

I feel that in order to get the full experience of TQM you have to have an open mind. During our sessions we enjoy the opportunity of fellowship, as well as getting to know each other on a personal level.

When you go through the TQM process, you learn different techniques that can be implemented at every level of the institution -- from the classroom to the boardroom. Each module builds on the other, therefore giving you a strong foundation in order to move the organization in a positive direction.

As with every situation, there are also obstacles. One of these obstacles is the time constraints on each individual's schedule. We all understand that our plates are already overflowing, but if you go through the TQM training maybe then we can find ways to start clearing our plates. Maybe some day we can all become members of the clean-plate club!

My challenge to each of you is to undergo your TQM experience as soon as possible and not only

will there be a New Time,
New World, New Shelton,
but a BETTER
SHELTON."

*This was written by a
member of the college's
faculty who is currently
participating in a TQM
class.*

TRAVEL AND TOURISM PROGRAM RECEIVES AHMA APPROVAL

Shelton's travel and tourism program recently received approval as an academic partner from the American Hotel and Motel Association (AHMA). This approval, according to director Terry Merritt, means that Shelton's program is now recognized at the national level by one of the most prestigious educational approving boards for the area of travel and tourism.

10 TIPS FOR GOOD HEALTH AND SAFETY

- 1) Get a flu shot in the fall as a form of prevention, especially if you are susceptible to upper respiratory problems.
- 2) Take medicine according to weight, not age, and always ask your pharmacist and your doctor about possible side effects.
- 3) To prevent heart attacks, change to a low-fat nutritional diet plan, stay away from hydrogenated food products, and exercise aerobically at least three days a week for 20 minutes or more.
- 4) Home videos are a good way to exercise and to increase fitness if you do not have the time to join a club.
- 5) Women who smoke are 25% more likely to die of breast cancer than non smokers or ex-smokers. Quit smoking for good health.
- 6) Find ways to reduce stress to improve your health. Try weekend get-a-ways, exercise, prayer, quiet time, just to name a few. You need someone

to hug and someone to talk to.

- 7) When attending a convention or a meeting, do not wear your name badge outside on the street; it calls attention to the fact that you are from out of town.
- 8) Always wear your seat belt when driving even if you are only driving a short distance.
- 9) Find ways to put muscle on your body through a modified weight training program or simple isometric contractions. It will improve your metabolism and prevent osteoporosis.
- 10) Find ways to add calcium to your diet. Good low fat and no fat yogurt are a tasty way to add calcium to your diet. Calcium is good for muscle contraction and bone density.

*Many thanks to Milady
Murphy and the Wellness
Center for these 10 tips.*